



Greek Zucchini Fritters with Garlic Yogurt



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Introduction

Greek Zucchini Fritters, known as Kolokithokeftedes, are a delightful way to enjoy seasonal produce. These crispy, savory fritters are packed with flavor and are perfect as an appetizer or a side dish. They're traditionally served with a refreshing garlic yogurt sauce that complements the zucchini's subtle sweetness. Easy to prepare and incredibly satisfying, these fritters make for an excellent addition to any meal.

Detailed Ingredients with measures

Zucchini: 1 pound, grated

Salt: 1 teaspoon

All-purpose flour: 1/2 cup

Feta cheese: 1/2 cup, crumbled

Parsley: 1/4 cup, chopped

Egg: 1 large, beaten

Black pepper: to taste

Olive oil: for frying

For the garlic yogurt sauce:

Greek yogurt: 1 cup

Garlic: 2 cloves, minced

Lemon juice: 1 tablespoon

Salt: to taste

Prep Time

20 minutes

Cook Time, Total Time, Yield

Cook Time: 15 minutes

Total Time: 35 minutes

Yield: 4 servings



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Detailed Directions and Instructions

Step 1: Prepare the Zucchini

Grate 1 pound of zucchini and place it in a clean kitchen towel. Squeeze the towel to remove excess moisture from the zucchini.

Step 2: Combine Ingredients

In a large bowl, combine the drained zucchini, 1 cup of all-purpose flour, 1/2 cup of crumbled feta cheese, 2 large eggs, 1/4 cup of finely chopped fresh parsley, 2 cloves of minced garlic, 1 teaspoon of baking powder, and salt and pepper to taste. Mix until well combined.

Step 3: Heat the Oil

In a large skillet, heat 1/4 inch of vegetable oil over medium heat until hot.

Step 4: Form the Fritters

Scoop about 1/4 cup of the zucchini mixture and form it into a patty. Repeat with the remaining mixture, ensuring not to overcrowd the skillet.

See also [Strawberry Cheesecake Cookies](#)

Step 5: Fry the Fritters

Carefully place the patties in the hot oil and fry until golden brown, about 3-4 minutes on each side. Adjust heat as necessary to prevent burning.

Step 6: Drain the Fritters

Once cooked, transfer the fritters to a paper towel-lined plate to drain excess oil.

Step 7: Prepare the Garlic Yogurt

In a small bowl, mix 1 cup of plain yogurt with 1 clove of minced garlic, and salt to taste. Stir well to combine.

Step 8: Serve

Serve the zucchini fritters warm, accompanied by the garlic yogurt for dipping.

Notes

Note 1: Zucchini Variety

You can use either green or yellow zucchini for this recipe, depending on your preference.

Note 2: Make Ahead

The fritter mixture can be prepared in advance and stored in the refrigerator for up to one day before frying.

Note 3: Serving Suggestions

These fritters can be served as an appetizer, side dish, or even a light main course paired with a salad.

Note 4: Storage

Leftover fritters can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in a skillet before serving.



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Cook techniques

Grating Zucchini

Grate zucchini using a box grater or food processor to achieve fine shreds. This enhances the texture and helps the moisture release.

Draining Excess Moisture

After grating, place the zucchini in a clean kitchen towel or cheesecloth and squeeze out as much moisture as possible. This step is crucial for achieving a crispy fritter.

Mixing Ingredients

Combine the drained zucchini with other ingredients like flour, eggs, and herbs. Mix gently until just combined to maintain the fritter's texture.

See also [Crockpot Creamy Potato & Hamburger Soup](#)

Heating Oil

Use a deep skillet or frying pan, and heat oil over medium heat. The oil should be hot enough that a small piece of batter sizzles upon contact.

Frying Fritters

Drop spoonfuls of the batter into the hot oil, being careful not to overcrowd the pan. Fry until golden brown on each side, which adds flavor and crispiness.

FAQ

Can I bake these fritters instead of frying them?

Yes, you can bake the fritters on a parchment-lined baking sheet at a high temperature, but they may not be as crispy as the fried version.

What type of yogurt is best for serving?

A thick Greek yogurt works well for dipping, but you can also use regular yogurt or a dairy-free alternative based on your dietary preferences.

How can I store leftover fritters?

Store leftover fritters in an airtight container in the refrigerator for up to 3 days. Reheat in the oven or on a skillet to regain crispiness.

Can I make these fritters gluten-free?

Yes, substitute regular flour with a gluten-free flour blend to make the fritters gluten-free.

What can I add for extra flavor?

Consider adding garlic, onion, or spices such as cumin or paprika to the batter for an enhanced flavor profile.



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Conclusion

The Greek Zucchini Fritters are a delightful and versatile dish that perfectly marries the fresh flavors of zucchini with the creamy tang of garlic yogurt. This dish is not only easy to prepare but also a fantastic way to enjoy a healthy snack or appetizer. Whether served as part of a meze platter or as a side dish, these fritters promise to impress with their crispy exterior and soft, flavorful interior.

See also [Caramel Apple Baked Oatmeal](#)

More recipes suggestions and combination

Serve with Tzatziki

Pair the fritters with tzatziki for a refreshing dip that complements the flavors beautifully.

Mix with Feta Cheese

Incorporate crumbled feta cheese into the batter for added creaminess and a salty kick.

Herbed Yogurt Sauce

Create an herbed yogurt sauce using dill, mint, and parsley for an aromatic twist.

Add Fresh Herbs

Experiment by adding fresh herbs like dill or parsley into the fritter mixture for enhanced flavor.

Roasted Red Peppers

Chop and mix roasted red peppers into the batter for a sweet and smoky undertone.

Serve with Lemon Wedges

Add a squeeze of lemon juice right before eating for a bright and zesty finish.

Quinoa Salad Side

Serve alongside a quinoa salad for a wholesome and satisfying meal.

Pair with Grilled Vegetables

Complement the fritters with a side of charred grilled vegetables for a colorful plate.

Crumbled Olives

Incorporate chopped olives into the mix for a briny, Mediterranean punch.



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